

CLAIMS

- [1] An endurance improving agent comprising catechins
as an active ingredient.
- [2] An antifatigue agent comprising catechins as an
5 active ingredient.
- [3] Use of catechins for the production of an endurance
improving agent.
- [4] Use of catechins for the production of an
antifatigue agent.
- 10 [5] A method for improving endurance, which comprises
administering an effective dose of catechins.
- [6] A method for ameliorating fatigue, which
comprises administering an effective dose of catechins.
- [7] An AMPK activator comprising catechins as an
15 active ingredient.
- [8] Use of catechins for the production of an AMPK
activator.
- [9] A method of activating AMPK, which comprises
administering an effective dose of catechins.